

Emergency Medical Services Injury Prevention Program Inventory



Section of Community Health and EMS
Division of Public Health
Department of Health and Social Services
P. O. Box 110616
Juneau, AK 99811-0616
(907) 465-3027
(907) 465-4101 (fax)
<http://www.chems.alaska.gov>

December 2000

About this inventory

Unintentional injuries are the leading cause of death of Alaskans aged 1 – 44 years and the third leading cause of death for Alaskans overall. The Section of Community Health and EMS (CHEMS) has received some funds from the federal Public Health Block Grant to reduce deaths by unintentional injuries. We believe that injury prevention activities do work and there are many successful EMS programs in the state of Alaska. However, there are few opportunities to share program details in order to replicate successful programs. Therefore, we developed this inventory of programs to assist EMS providers interested in conducting injury prevention programs in their community.

Add Your Program Page

You may add your programs or projects to this inventory at any time. A blank form for the program and any related materials is in the back of this inventory list.

Using this Inventory

The Injury Prevention Program Inventory is a collection of single page informative sheets. Each sheet contains information about a program and how that program operates, about its cost, methods of delivery, success as well as other information. The Index page helps you locate information about a category, such as drinking; a target population, children's programs; goals, and other cross references items to assist you in finding the information about programs you can conduct in your own communities.

Questions about specific programs should be directed to those listed as the contact for that program.

For general information on injury prevention programs:

David Thomson (907)465-8632 david_thomson@health.state.ak.us

EMSC - Emergency Medical Services for Children:

Doreen Risley (907)465-8633 doreen_risley@health.state.ak.us

AHELP - Alaska Health Education Library Project:

Patty Owen (907) 465-3027 Patty_Owen@health.state.ak.us

Injury Prevention Program Inventory Table of Contents

Programs/Projects:	Pages
IMPACT Alaska	4
Risk Watch	5
911 Emergency Training Guide	6
CHIPP – Children’s Health and Injury Prevention Program	7
PACE-Planning to Avoid Childhood Emergencies	8
Senior Home Safety Check	9
CPR from K – 6 th	10
Skagway Health Fair	11
Child Restraint Program	12
Seat Belt Safety Program	13
First Aid for First Grade	14
Lift Team	15
ANTHC Injury Prevention	16
INDEX	17
APPENDIX	
Program Submission Form	18
Materials Submission Form	20

Program/Project: IMPACT Alaska **Keywords:** drinking, driving, IMPACT

Organization: Southern Region EMS Council

Contact Person: Levi Gudde **Position:** Public Information and Education Coordinator

Telephone: (907) 562-6449 **FAX** (907) 562-9893 **Email:** lgudde@sremsc.org

Address: 6130 Tuttle Place Anchorage, AK 99507-2041 **Website:** www.sremsc.org

Topic or Promotion type: Injury prevention

Population Target: Adolescents

Geographical Area Served: Regional **Setting:** School

Description: Awareness program.

Length of Project: On going since 1994.

Purpose or Goal: Education of high school students about drinking and driving.

Methods: Showing film and discussing drinking and driving.

Success of Project: Good.

Problems or Suggestions:

Funding Source: n/a

Related Materials for Project: IMPACT Alaska handout, English. Single page handout of guiding the program, discussion areas to cover, and information about the film.

Produced by SREMSC/Highway Safety Planning Agency
6130 Tuttle Place Anchorage, AK 99507-2041 (907) 562-6449

Year Produced: 1997-

Available from: SREMSC

Comments:

Program/Project: Risk Watch **Keywords:** 911, decisions, children

Organization: North Pole Fire Department

Contact Person: Barbara Michael **Position:** PubEd and Prevention Officer

Telephone: (907) 488-0444 **FAX** (907) 488-3747 **Email:** ladyff900@hotmail.com

Address: 125 Snowman Lane North Pole, AK 99705

Website: www.2cool4words.net/cprtraining

Topic or Promotion type: Injury prevention

Population Target: Children

Geographical Area Served: Local, Urban/Rural **Setting:** School

Description: Awareness program.

Length of Project: Held during school year.

Purpose or Goal: To increase the students' knowledge to enable them to make safe decisions.

Methods: Short lectures and a wide variety of activities.

Success of Project: Several children have called 911 during an emergency; one student avoided injury when given wrong medication by her father.

Problems or Suggestions: Present a topic per month. Last time we presented one per week. It was torture.

Funding Source: n/a

Related Materials for Project:

Comments: This information is compatible with other audiences, such as seniors. The information is very basic and well laid out.

Program/Project: 911 Emergency Training Guide **Keywords:** 911, decisions, children

Organization: Southern Region EMS Council

Contact Person: Levi Gudde **Position:** Public Information and Education Coordinator

Telephone: (907) 562-6449 **FAX** (907) 562-9893 **Email:** lgudde@sremsc.org

Address: 6130 Tuttle Place Anchorage, AK 99507-2041 **Website:** www.sremsc.org

Topic or Promotion type: Injury prevention

Population Target: Children

Geographical Area Served: Regional **Setting:** School

Description: Awareness program.

Length of Project: On going since 1990.

Purpose or Goal: Education of children on what do in an emergency.

Methods: Present program in grade schools.

Success of Project: Good.

Problems or Suggestions:

Funding Source: n/a

Related Materials for Project: 9-1-1 Emergency Training Guide

English. 12 page colorful booklet of information for parent/teacher other adult to use with the children to do games and exercises.

Produced by: Hanson Industries 410 Park Avenue New York, NY 10022; 1-800-HELP EMS

Published by: Child Safety Communications New York, NY

Year Produced: 1990-

Available from: SREMSC

Comments:

Program/Project: CHIPP-Children's Health and Injury Prevention Program

Keywords: children, safety, CHIPP

Organization: Southern Region EMS Council

Contact Person: Levi Gudde **Position:** Public Information and Education Coordinator

Telephone: (907) 562-6449 **FAX** (907) 562-9893 **Email:** lgudde@sremsc.org

Address: 6130 Tuttle Place Anchorage, AK 99507-2041 **Website:** www.sremsc.org

Topic or Promotion type: Injury prevention

Population Target: Children

Geographical Area Served: Regional **Setting:** School, Health Fairs

Description: Awareness program.

Length of Project: On going since 1990.

Purpose or Goal: Get children to think about safety.

Methods: CHIPP Robot visits location

Success of Project: Good.

Problems or Suggestions:

Funding Source: n/a

Related Materials for Project:

Comments: Need to have the CHIPP robot for program

Program/Project: PACE -Planning to Avoid Childhood Emergencies **Keywords:** children, PACE, avoid

Organization: Southern Region EMS Council

Contact Person: Levi Gudde **Position:** Public Information and Education Coordinator

Telephone: (907) 562-6449 **FAX** (907) 562-9893 **Email:** lgudde@sremsc.org

Address: 6130 Tuttle Place Anchorage, AK 99507-2041 **Website:** www.sremsc.org

Topic or Promotion type: Injury prevention

Population Target: Children

Geographical Area Served: Regional **Setting:** School

Description: Awareness program.

Length of Project: On going since 1996.

Purpose or Goal: Education children on how to avoid emergencies.

Methods: Present program to young children in schools.

Success of Project: Good.

Problems or Suggestions:

Funding Source: n/a

Related Materials for Project: PACE safety and resource guide
English. 50 page booklet of information, safety forms and checklists

Produced by SREMSC
6130 Tuttle Place Anchorage, AK 99507-2041 (907) 562-6449

Year Produced: 1996-

Available from: SREMSC

Comments:

Program/Project: Senior Home Safety Check **Keywords:** seniors, safety, prevention

Organization: Southern Region EMS Council

Contact Person: Levi Gudde **Position:** Public Information and Education Coordinator

Telephone: (907) 562-6449 **FAX** (907) 562-9893 **Email:** lgudde@sremsc.org

Address: 6130 Tuttle Place Anchorage, AK 99507-2041 **Website:** www.sremsc.org

Topic or Promotion type: Injury prevention

Population Target: General public, adults, older adults

Geographical Area Served: Regional **Setting:** Health Fairs and Senior Citizens Events

Description: Awareness program.

Length of Project: On going since 1995.

Purpose or Goal: Raise senior citizens awareness of safety issues to reduce injuries to seniors.

Methods: Information at senior citizen health fairs.

Success of Project: Good.

Problems or Suggestions:

Funding Source: n/a

Related Materials for Project: PACE safety and resource guide pamphlet English. 18 page B/W booklet of tips and safety checklists for rooms of the home, general, emergencies and children.

Produced by SREMSC
6130 Tuttle Place Anchorage, AK 99507-2041 (907) 562-6449

Year Produced: 1996-

Available from: SREMSC

Comments:

Program/Project: CPR from K-6th

Keywords: CPR, children, choking

Organization: Cordova Volunteer Fire Department

Contact Person: Dewey Whetsell **Position:** Fire Chief

Telephone: (907) 424-6117 **FAX** (907) 424-6000

Email: ccshop@ptialaska.net

Address: PO Box 1210 Cordova, Alaska 99574

Topic or Promotion type: CPR class for children

Population Target: General public, children, adolescents

Geographical Area Served: Local, Urban **Setting:** School

Description: A class that shows the students from kindergarten to sixth grade how to perform CPR. This program includes a section on calling 911, stop drop and roll, adult CPR, and most of all choking. Over 250 students spend an hour a day for a week in class. Our goal is to have everyone in town know CPR. Last year we held a class in the high school. It was amazing how much retention the child had as to the classes in elementary school.

Length of Project: Held in May, after the Physical Education classes at school.

Purpose or Goal: Save Lives! Teach the children while they are young and able to absorb the information and it will stick in their minds forever.

Methods: During the class we use two certified instructors and the PE teacher. We go through a skit that shows a person choking. After performing the proper technic we have the marbles on the floor and the coach looks and acts better. Then later he passes out from a heart attack, of course we save him again. All the children then practice the skills on the Actar® 911 sets we have. After the week is over even the parents are aware of their children's training. We ask the children to talk to their parents and find out if they know about CPR and are trained. The children are great.

Success of Project: Three saved to date by young children saving other children.

Problems or Suggestions: Get every one in the state to do this you would be surprised at the results! Need to have about thirty or more Actars® for a class. We have three sets and would be happy to get more. Use your instructors in the community. They love to help.

Comments: As we all work towards prevention this too will help. As you teach the children they do become adults. They will get a spark in their lives early to the EMS system with this program.

Program/Project: Skagway Health Fair **Keywords:** health, fair, promotion

Organization: Skagway Fire Department, EMS Section

Contact Person: Chelsea Nilsen **Position:** Volunteer

Telephone: (907) 983-2450 **FAX** (907) 983-3450

Email: sgyfire@aptalaska.net

Address: PO Box 421 Skagway, AK 99840

Topic or Promotion type: Health Promotion and Education

Population Target: All

Geographical Area Served: Local, Rural **Setting:** School

Description: Health Promotion and Education.

Length of Project: Held annually during school year.

Purpose or Goal: To increase the communities' health awareness and education.

Methods: Various on site programs and health testing delivered.

Success of Project: Unknown, served community well.

Problems or Suggestions:

Funding Source: Donations, fire department budget

Related Materials for Project: see material forms: Skagway Health Fair

Comments:

Program/Project: Child Restraint Program **Keywords:** children, restraints, seat belts

Organization: Southeast Region EMS Council

Contact Person: Bobbi Leichty **Position:** Executive Director

Telephone: (907) 747-8005 **FAX** (907) 747-1406 **Email:** serems@ptialaska.net

Address: PO Box 259 Sitka, AK 99835

Topic or Promotion type: Injury prevention

Population Target: General public, children, health professionals

Geographical Area Served: Local, Urban **Setting:** School

Description: Child Restraint Program & Health Fair.

Length of Project: Held annually each winter.

Purpose or Goal: To increase the safe use of child restraints and helmets in Sitka

Methods: Participation in local health fair, parenting classes and bike fairs. Inspection and recommendations of the use of child restraint systems.

Success of Project: unknown

Problems or Suggestions:

Funding Source: SEREMS project income

Related Materials for Project: n/a

Comments

Program/Project: Seat Belt Safety Program **Keywords:** children, restraints, seat belts

Organization: Hope Sunrise EMS

Contact Person: Valerie DeFrance **Position:** EMS Chief

Telephone: (907) 782-3174 **Email:** v.defrance@worldnet.att.net

Address: 28204 Hope Hwy Hope, AK 99605 **Website:** www.defrance.org

Topic or Promotion type: Injury prevention

Population Target: Children

Geographical Area Served: Local, Rural **Setting:** School, community

Description: Seat belt use encouragement program.

Length of Project: On going since 1992, takes 2 to 4 weeks, 1-2 hours per day.

Purpose or Goal: Encourage use of seat belts, locally or on long trips.

Methods: "Catch" children wearing seat belts and reward them with a sticker. Stickers go on pre-made pages with child's name and they are entered for a drawing. May be random with all participants, or different levels of prizes based on numbers of sticker.

Success of Project: Unknown, but is talked about for a few weeks afterward. Increased seat belt use observed for a few months after program by children and their parents/grandparents.

Problems or Suggestions: Try harder to catch the children that do not ride in cars very much to help keep them encouraged. Works in small communities, larger would be difficult.

Funding Source: EMS budget, donations. Usually \$100.00

Related Materials for Project: Self made 8.5x11 sheets of paper, decorated with program name, service name and child's name (or line to write in child's name). Free stickers from almost any source, including other safety or prevention programs. Prizes donated by toyshops, large stores, local stores or purchased. -toys, bike helmets, etc.

Program/Project: First Aid for First Grade **Keywords:** children, first aid,

Organization: Hope Sunrise EMS

Contact Person: Valerie DeFrance **Position:** EMS Chief

Telephone: (907) 782-3174 **Email:** v.defrance@worldnet.att.net

Address: 28204 Hope Hwy Hope, AK 99605 **Website:** www.defrance.org

Topic or Promotion type: Self care in an emergency

Population Target: Children

Geographical Area Served: Local, Rural **Setting:** School

Description: Basic first aid for yourself, and how to help others.

Length of Project: On going since 1992, takes 1-2 hours per grade. Anytime during school year, but earlier is better.

Purpose or Goal: Self care, and recognition and help for others in emergencies.

Methods: Brief lecture and hands on practice/drills. Lots of take home handouts.

Success of Project: Unknown, but children tell us all about the hurt they got and how they took care of it, or called for an adult.

Problems or Suggestions: Works in small schools, larger would be difficult. Must like children and be able to work constructively with them in a chaotic environment! Get the teacher to help.

Funding Source: EMS budget, donations. Costs: \$100.00 for copy work, but depends on number of students in any given year.

Related Materials for Project: Self made comic book of local EMS "Heroes", local children, and highly graphic handouts on first aid, calling 911, etc.. The concept is suitable for adapting to other grade levels and has gone through grade 8 so far. Materials are made individually for each year and each grade so there are no masters maintained.

Program/Project: Lift Team **Keywords:** lifting, moving, back

Organization: TransCare Medical Services, Inc.

Contact Person: Darrell L. Carlson **Position:** General Manager

Telephone: (907) 562-3534 **FAX** (907) 563-8557 **Email:** dcarl@alaska.net

Address: 521 W. 41st Ave. Suite 101 Anchorage, AK 99503

Topic or Promotion type: Clinical Preventive Services

Population Target: Health Professionals

Geographical Area Served: Local **Setting:** Health Care Facility

Description: Safely lifting and moving patients.

Length of Project: As needed, for current or new employees

Purpose or Goal: To reduce injuries among health care workers.

Methods: see attached "Lift Team Guide"

Success of Project: The project has significantly reduced injuries among health care workers in the facility where the team is currently deployed. Reduced time off from work as a result of injuries, saved money, increased availability of health care workers to perform other tasks and increased morale among the hospital staff.

Problems or Suggestions:

Funding Source: Hospital budget, offset by savings as a result of fewer worker injuries.

Related Materials for Project: see-attached page of guidelines

Comments: This had been a very effective program for reducing health care worker injuries in the hospital setting.

Program/Project: ANTHC Injury Prevention **Keywords:** decision, Native, promotion

Organization: Alaska Native Medical Center

Contact Person: Mary Leemhuis **Position:** Trauma Nurse Coordinator

Telephone: 907-729-2729 **FAX** 907-729-2746 **Email:** mleemhui@anthc.org

Address: 4315 Diplomacy Dr Anchorage, Alaska 99508 **Website:** www.anthc.org

Topic or Promotion type: Trauma prevention, rehabilitative and children's programs

Population Target: General Alaska Native population

Geographical Area Served: Urban & Rural **Setting:** Health Care Facility

Description: Child Restraints and Health

Length of Project: Started 1998 and ongoing

Purpose or Goal: . Reduce illness by reduction of indigents of trauma, increased access to rehabilitative services, and projects aimed towards prevention of injury in multiple areas.

Methods: .Staff training, public training, distribution of information, coat drives, children's camps, DV screening, restraint inspections, booths at conferences/fairs, donations of ice grippers and sports mouth pieces, ETT courses in high schools.

Success of Project:

Problems or Suggestions: . Difficulty dealing with Anchorage School District on ETT program.

Funding Source: ANTHC, SCF, EMS for Children grant funds

Related Materials for Project: Contact the program coordinator

Comments:

INDEX

Subject	Page(s)
911	5, 6, 7, 8
Adolescents	4
Back	15
Children	5, 6, 7, 8, 10, 12, 13, 14,
Choking	10
CPR	10
Decisions	4, 6, 7, 16
Drinking	4, 12
Fair	5, 7, 11, 12
First Aid	14
First Grade +	14
Health	5, 7, 9, 11, 12, 16
High School	4
IMPACT	4
Lifting	15
Moving	15
Native	16
PACE	8
Population Target:	
Adolescents	4
Adults	9
Children	5, 6, 7, 8, 10, 12
Geriatric	9
Health Professionals	15
Older Adults	9
Teams	15
Prevention	4, 5, 6, 8, 9, 12, 13, 15
Promotion	5, 6, 9, 11, 12, 16
Restraints	12, 13
Seniors	9
Vehicles	4, 5, 8, 12, 13

Injury Prevention Program Inventory
State of Alaska, Section of Community Health and Emergency Medical Services

PLEASE print neatly

Return this form to : CHEMS, Injury Prevention Program Inventory
Box 110616 Juneau, Alaska 99811-0616

Title of Program or Project:_____

Program/Project Contact Person's Name:_____

Job
Title:_____

Organization:_____

Telephone:_____ Fax:_____

Email _____ Website Address http://www._____

Mailing
Address:_____

City State Zip_____

Target Population for Injury Prevention Program: Check **all** that apply

General Public	Older adults	School/Students
Males	Employees	Alaska Native/American Indian
Females	Low income	Black/African American
Families	Low literacy:	Asian Pacific Islander
Children	Persons with Disabilities	Hispanic
Adolescents	Health professionals	White
Adults	Other (specify)_____	

Geographic Area Served:

Choose 1: Statewide	Regional	Local
Choose 1: Urban	Rural	Mixed Urban/Rural

Program/Project Setting: (Choose 1)

Community School	Other (specify)_____
Worksite	Health Care Facility

Program/Project Description:

Length of project/start date_____

Purpose or goal of the project_____

Methods and activities of the project_____

Successes of the project_____

Problems or
suggestions_____

Funding source
(optional)_____

Choose 3 Key Words for Index:_____

This form submitted by_____ Date_____

Contact phone: _____ Contact

Email:_____

IF you have any program materials available that you would like to include in the materials on-line catalog or any photos of your program in action that you would like to share, please proceed to the following **MATERIALS FORM**.

Any final comments?

**Injury Prevention Program Inventory
MATERIALS FORM
State of Alaska, Section of Community Health and Emergency Medical Services**

PLEASE print neatly

Return this form to : CHEMS, Injury Prevention Program Inventory
Box 110616 Juneau, Alaska 99811-0616

Type of Material: (circle **all** that apply)

Poster	Pamphlet/Booklet
Learning Centers/Exhibit/Displays	Curricula/Lesson Plans
Audiovisual (Video, CD ROM, slides)	Publications
(Manuals/Reports/Directory/Catalogs/Planning Documents/Newsletters)	
Other_____	

Material or item (title of):_____

Produced by:_____

Year Produced: (if known)

Target Audience for Injury Prevention Program: (circle **all** that apply)

General Public	Older adults	School/Student
Males	Employees	Alaska Native/American Indian
Females	Low income	Black/African American
Families	Low literacy	Asian Pacific Islander
Children	Persons with Disabilities	Hispanic
Adolescents	Health Professionals	White
Adults	Other (specify)_____	

Language other than English: No Yes
(specify)_____

Description and materials contact:

Describe this
material_____

Reading level of material_____

Available from:

Contact name:_____

Job Title:_____

Organization_____

Telephone_____

Fax_____

Email_____ Website Address http://www._____

Mailing Address:_____

City State Zip_____

Cost/ordering information:_____

Source (if different than above):_____

Choose three keywords for index:_____

This form submitted by_____ Date_____

Contact phone:_____ Contact Email:_____

Directions for Submission - Whenever possible, please include a sample copy.

Mail hard copies or disks to: CHEMS, Injury Prevention Program Inventory
P. O. Box 110616
Juneau, AK 99811-0616

Any additional comments: